

POLICE TRAINEE/CERTIFIED POLICE TRAINEE/POLICE OFFICER

MEDICAL SELF-SCREENING FORM

Dear Applicant:

Carefully review the Physical Fitness Test events on the back of this page. If you believe that you have a medical condition which may be aggravated or could cause you any injury by participation in the events, then you are required to take this list of events to your doctor and ask for his/her approval for you to participate in the testing procedure.

In the last five years have you:

Check (✓) appropriate response

- been diagnosed as having heart or circulatory problems or;
- frequently had pains in your heart or chest or;
- often felt faint or had dizzy spells or;
- been diagnosed as having high blood pressure or;
- been told by your doctor that you have a nerve or joint problem that has been aggravated by exercise or, might be made worse by exercise or;
- are aware of any other reason why you may not be physically fit to take the performance tests.

Yes

No

If you answered yes to any of the questions above you are required to seek a medical release, on the attached medical clearance form. Otherwise, simply sign and return this form.

I hereby attest that I have read, understood, and truthfully answered the above statements.

Signature of Candidate

Date

(Print Name)

(Social Security Number)

Physical Fitness Test

PUSH-UPS Objective: To complete 18 correctly performed push-ups in one minute.

Your hands are placed about shoulder-width apart, with fingers pointing forward. The administrator places a standard 3-4 inch object (such as a Styrofoam cup or nerf ball) on the floor below the subject's chest. Starting from the up position (elbows extended), you must keep your back straight at all times and lower your body to the floor until the chest touches the standard object. You then return to the up position. (This is one repetition.) Resting should be done only in the up position.

SIT-UPS Objective: To complete 27 correctly performed bent-knee sit-ups in one minute.

You must lie on your back on a floor mat, with your knees bent and feet flat on the floor. Your hands must remain interlocked behind your head throughout the exercise. A test administrator will hold your feet and count the number of correct sit-ups completed in one minute. A correct sit-up requires you to touch your elbows to your knees and return to the starting position, that is, the small of your back touching the mat. Sit-ups done incorrectly will not be counted.

The official timer will tell you when to start and when to stop. He/She will call out the time remaining every 15 seconds, and during the last 10 seconds will call out the time remaining every second. Your performance will be determined by the number of sit-ups properly completed in one minute.

1.5 MILE RUN Objective: To complete a 1.5 mile run within 15:20 minutes.

The 1.5 mile course consists of 6 laps around a 1/4 mile track. Prior to the 1.5 mile run you will be given a warm-up period. Any applicant who steps off the track during the exercise will receive a failing score for this event. If you find that you are forced to walk some of the distance, you should move to an outside lane to continue so that you will not interfere with the performance of the other applicants. There will not be any lane assignments and you are encouraged to run in the inside lanes provided you are not walking.

The official timer will tell you when to start. The timer will also call out the cumulative time for each applicant for each 1/4 mile lap completed.

Upon completion of the run, it is recommended that you move to an outside lane and continue by walking a 1/4 mile lap to cool down. You are then to return to the starting area where you will be advised of your status by a test administrator.